

THE RAPTORS HAVE LANDED

NBA TEAM OPENS TRAINING CAMP IN HALIFAX TODAY PAGE 20



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Tuesday, October 2, 2012

News worth sharing.

Halifax losing its youth

Vital Signs. Annual report shows older demographic in Halifax growing while younger population shrinking

An annual report on the state of affairs in Halifax suggests the city is headed at full steam for a future as an old-folks home.

The 2012 Halifax Vital Signs report, due for release on Tuesday morning, reveals several disturbing trends showing that university graduates, new immigrants and young families are hightailing it out of town.

Among the most notable is the drop in population of people under the age of 15, which nosedived by more than five times the national average between 2001 and 2011.

"The 30-to-45 demographic also shrunk by 13 per cent," said Allison Kouzovnikov, executive director of the Community Foundation of Nova Scotia. "Nowadays, people have children between 30 to 45, so if you're losing that segment of the population, they're not replenishing the babies — or they're taking the children with them when they leave."

Kouzovnikov says the over-45 population is growing steadily, suggesting more residents are coming back to Halifax in

Quoted

"What is it that we actually have to offer, and is that adequate?"

Allison Kouzovnikov, Community Foundation of Nova Scotia, on retaining university graduates and attracting immigrants

time for retirement.

In addition to making the local job market difficult for young professionals or new immigrants, she says that's not setting up a sustainable economy.

"It's very expensive to run a city as a retirement community," she said. "If you look at public education and health care, all of these things are run based on our tax base. When people retire, they earn less and pay less tax. They also become some of the most expensive citizens of all the demographics."

Saint Mary's University graduate Sasha Sears says Halifax should be viewed as more than a great place to retire.

"It's a great place to work and live and thrive now. There's just a disconnect," said Sears, who works with Greater Halifax Partnership. "People aren't seeing it. I'm just not sure why."

RUTH DAVENPORT/METRO

More coverage, page 6



Sasha Sears poses for a portrait on the Halifax waterfront on Monday. Sears, a Saint Mary's University graduate, says Halifax should be viewed as more than a great place to retire. JEFF HARPER/METRO



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Dial 782

New area code for N.S., P.E.I.

Nova Scotia and Prince Edward Island will be assigned another area code in two years.

The Canadian Radio-television and Telecommunications Commission says people in those provinces asking for a new phone number as of Nov. 30, 2014, could be given one starting with the area code 782.

The commission says that's due to a shortage of phone numbers in those provinces, which now share the area code 902.

Ten-digit dialing will also take effect as of August 2014. The commission says during the transition to 10-digit dialing, customers who dial seven digits will be reminded to include the area code for future calls but their calls will go through.

That will stop as of Nov. 16, 2014, when 10-digit dialing will become mandatory.

THE CANADIAN PRESS

Arson

Cops investigating after 3 cars torched

Halifax police are asking for the public's help in solving a string of arsons that has seen three cars torched over a two-month period.

On Aug. 7, police say two fires were deliberately set inside parked cars — one on Yukon Street and the other in the 2600 block of Oxford Street.

Then on Sept. 26, police say another parked car was set on fire near the intersection of Dublin and Young streets.

Police say all three vehicles were broken into in the early morning, and received serious damage from the fires.

At least one of the vehicles wasn't locked, police say, and there were some items stolen.

Anyone with information is asked to contact Halifax Regional Police at 490-5016 or Crime Stoppers at 1-888-222-8477. METRO

Dartmouth

Door kicked in during break-in

Two men are facing charges after a home in Dartmouth was broken into on Monday.

Just after noon, police say two men were seen kicking in the rear door of a home in the area of Victoria Road and Chappell Street.

Two men were arrested nearby a short time later. A 35-year-old and a 55-year-old are both now charged with breaking and entering.

METRO



Metro Transit Bridge Terminal open for business

Commuters in Dartmouth enjoy the first full day of operation of the new Metro Transit Bridge Terminal. The terminal is expecting 23,000 users each weekday. JEFF HARPER/METRO

OPP nab suspect in N.S. confinement case

Still wanted. Manhunt continues for Wayne Cunningham



PHILIP CROUCHER
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RCMP say one of the men arrested in the confinement and sexual assault case of a 16-year-old boy could return to face justice in Nova Scotia by the end of the week.

Ontario Provincial Police arrested David James Leblanc, 47, around 7:15 p.m. local time Sunday in the community of Longlac, northeast of Thunder Bay.

"We know we're going to



David Leblanc POLICE HANDOUT

take him back, but I don't know when," said Nova Scotia RCMP spokesman Const. Alain LeBlanc. "There are a few factors to be considered, like whether he is going to be transported



Wayne Cunningham POLICE HANDOUT

on the police plane, or commercially ... I'm going to say it's probably going to be a matter of days as opposed to hours."

OPP say David Leblanc appeared in Thunder Bay provincial court on Monday via video link and was remanded back to police custody until he could be transported to Nova Scotia.

OPP Staff Sgt. Carl Pettigrew says officers were responding to reports of a man in distress when they found Leblanc.

"He appeared to be having the effects of being in the elements, not dressed for the

conditions, suffering somewhat from exposure," said Pettigrew Monday, adding the temperature was hovering around the freezing point.

Leblanc and Wayne Alan Cunningham, 31, face charges of forcible confinement and sexual assault for allegedly grabbing a 16-year-old boy off the streets of Halifax, locking him in a Lunenburg County home and sexually abusing him for nearly two weeks.

The boy escaped last week and made his way to a nearby home, where police were alerted. Police continue their manhunt for Cunningham, who the OPP say could be headed to Calgary. However LeBlanc says police in Nova Scotia are unaware of this latest information.

"I don't why it was said or what they're basing this information on, but as far as our investigators are concerned, we believe that Cunningham may still be in Ontario," he said. "But is it possible he's headed for Calgary? I suppose it is. He could be anywhere at the end of the day."

WITH FILES FROM THE CANADIAN PRESS

Ms. Leblanc

David Leblanc's mother, Violet Leblanc, says she won't be speaking to the media about her son's case any more.

- "There's no more comments

from me because I've been asked too many times," she said politely when contacted by Metro. "I'm sorry, I'm not going to have no more to say about it."

Air traffic. Crews repair hole in Halifax airport runway

Things were getting back to normal Monday at the Halifax Stanfield International Airport as work crews repaired a hole on a runway that developed over the weekend.

The hole, which was about three centimetres deep and 50

long, formed just outside the intersection of both runways Sunday around 3 p.m., says airport spokesman Peter Spurway.

The hole resulted in many cancellations and delays late Sunday and into Monday.

A temporary patch was

placed over the area just before 8 p.m. on Sunday, which allowed planes to start taking off again.

"It's hard to say why it developed," said Spurway, suggesting the weekend's heavy rain as a possible factor.

HALEY RYAN/METRO

Runway extension

The hole was expected to be fixed by Monday evening, as crews were to be on the runway anyway working on the airport runway extension project.

1 NEWS

On the web



Qriket

A skateboarder and a deer go head to head. Which one wins? Scan the code to see it for yourself.

Suspect. Police arrest N.S. woman who reports say is 'Internet Black Widow'

A 77-year-old woman arrested in connection with the suspected attempted murder of her husband in Cape Breton became infamously known as the "Internet Black Widow," media reports suggest.

The Cape Breton Regional Police declined to confirm the reports, but said they had a woman in custody whom they believe matches the identity of a woman with a criminal history of fraud and manslaughter charges.

The reports say the woman arrested is Melissa Ann Friedrich, also known as Millie Weeks. She was sentenced in 2005 to five years in prison on seven counts of theft from a man in Florida whom she had met online.

Investigators in that case said she stole about \$20,000 US from Alexander Strategos.

In 2001, she was convicted of manslaughter in the death

Warrant

Police say a warrant was later issued for arrest of the man's wife and a search of her home in New Glasgow.

of her husband, Gordon Stewart, whom she had drugged and run over twice with a car in 1991 outside Halifax.

She served two years of a six-year sentence for that crime.

The Cape Breton police said Monday that they arrested a woman after an investigation into the health of a 75-year-old New Glasgow man who was admitted to the North Sydney General Hospital.

Officers were called to the hospital on Sunday after suspicions were raised about the nature of the man's illness.

THE CANADIAN PRESS

Memorial. Two funerals for Raylene Rankin, including Thursday in Halifax

Two funeral services will be taking place this week for Raylene Rankin.

The Mabou native died Sunday in Halifax after a lengthy battle with cancer. She was 52.

A member of the renowned Rankin Family — alongside her siblings John Morris, Jimmy, Cookie and Heather — Raylene is being remembered not only for her distinct voice and musical talent, but also for her generous spirit and zest for life.

The first funeral will take place Thursday at 2 p.m. at Saint Thomas Aquinas Church on Oxford Street, and the second funeral service will be held Friday at 2 p.m. at St. Mary's Church in Mabou.

METRO HALIFAX/CAPE BRETON POST



Raylene Rankin CONTRIBUTED

New Glasgow. Monument for murdered teen to be unveiled at ceremony

A year after she was first reported missing, a monument will be unveiled next week on the Samson Trail in New Glasgow in honour of Amber Kirwan.

The ceremony will be held on Oct. 9 at 10 a.m.

Kirwan, who was 19 at the time, left Dooley's Pool Hall in New Glasgow on Oct. 9, 2011, and disappeared a short time later. On Nov. 6, after an extensive search, police confirmed that the teen's body had been found in Heathbell. Since then, Christopher Falconer has been



Amber Kirwan CONTRIBUTED

charged with her murder.
NEW GLASGOW NEWS



'Say no to the privatization of public information': Union

Members of the Nova Scotia Government Employees Union march near Province House in Halifax on Monday to protest the possible outsourcing of provincial government jobs within the SAP program to a private IT firm. Similar rallies were also held in Truro and Sydney. JEFF HARPER/METRO

Rainy September a record-breaking one

Good news. Thanksgiving weekend forecast to be nice, dry

HALEY RYAN

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The rain just wouldn't go away in September, and we have a new record to show for it.

"It's one of the wettest moments in Eastern Canadian history," said climatologist David Phillips of Environment Canada.

Nova Scotia received 386.8 millimetres of rain last month, about nine times more than in

September 2011. It also smashes the old September rainfall record for Nova Scotia set in 1996 of 308.7 millimetres.

"Talk about night and day," Phillips said.

Since we've had a dry summer, Phillips said last month made up for the shortfall and then some.

"You had 200 millimetres more in one month than you had in (June, July, August)," Phillips said. "You made it all up in one swoop."

Although there was an unusual amount of water overall, Phillips said there tended to be breaks of nice weather between the rainy ones, so the ground

Rainfall

386.8

In millimetres, the amount of rain Nova Scotia received last month.

was usually dry.

Hurricane Leslie came close to Nova Scotia a few weeks ago, but Phillips said we can't blame the storm for the amount of rain we got.

"Leslie gave you very little," he said. "It was almost that opening act to Leslie that came and just sat over Halifax."

September also came within just 0.3 millimetres of the over-

all monthly record for rainfall in the province, which happened in August 1971.

"You were like a thimbleful of water away," Phillips said.

But don't forget, August had an extra day in it.

"If you did it comparing apples with apples, this would have been the wettest 30-day month ever," he said.

Now for some good news: For the first part of October, Phillips said it looks like nature is tired of raining on us.

"I don't see a drop," he said.

He added Saturday and Sunday of the Thanksgiving long weekend should be sunny with normal temperatures.

Halifax welcomes cruise-ship passenger No. 3M



Two cruise ships docked in Halifax last week. JEFF HARPER/METRO

The Halifax Port Authority celebrated a milestone on Monday, breaking the three-million plateau for cruise-ship passengers.

Monday also marked the busiest day for the cruise-ship season, when five ships docked in Halifax with a combined passenger count of more than 8,600.

"We want to thank everyone in Halifax for making the experience for cruise passengers amazing," Cathy McGrail of the authority said.

Economic impact

\$50M

The cruise-ship industry contributes \$50 million every year in spinoffs for the Halifax economy.

Nova Scotia Tourism Minister Percy Paris said he wants to improve access to Nova Scotia for cruise ships, making it easier for visitors to explore what the province has to offer. METRO

Anti-red-tape drive called step in right direction

Politics. Official representing region's restaurants says federal government announcement is tip of the iceberg

ANDREW RANKIN
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The federal government's commitment to reduce red tape for small businesses is an important start in the war against needless bureaucracy interference, says a top official representing Atlantic Canadian restaurants.

"We just surveyed all the restaurant owners in HRM on what are their small-business issues, and No. 1 is red tape and No. 2 is taxation," said Luc Erjavec, Atlantic Canada vice-president of the Canadian Restaurant and Foodservices Association. "Anything they can do to reduce red tape is positive."

The Canadian Federation of Independent Business (CFIB) estimates that regulation costs Canadian companies \$30 billion a year. About 25 per cent of those costs can be attributed to red tape.

Minister of National Revenue Gail Shea announced her department's new anti-red-tape initiatives on Monday at the Old Triangle in Halifax. The changes range from a dedicat-

Red tape

"It's just government as a whole. All three levels have to work consistently to get rid of it."

Luc Erjavec of the Canadian Restaurant and Foodservices Association

ed office to address small-business issues to a business-number registration system that would give business owners instant access to their files. The announcement is part of the federal government's Red Tape Action Plan.

Erjavec says red tape is a government problem that has to be addressed on every level, provincial and municipal.

He points to the province's liquor-licensing board as a prime example.

"The red tape, the bureaucracy, how out of touch they are with respect with how small businesses operates today, that's the No. 1 provincial issue."

CFIB Atlantic vice-president Leanne Hachey spoke at the event and hailed the announcement as good news. "We have to make sure that these promises made are followed up on," she said. "We'll be holding government to account."

Minister Shea said the government's commitment to eliminating red tape is essentially about trying to stimulate the economy rather than hindering it.



Minister of National Revenue Gail Shea talks on Monday about new government measures to reduce red tape for small business owners. The press conference was held at the Old Triangle. JEFF HARPER/METRO



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Lack of jobs, transportation top list of youth concerns

Vital Signs. Survey respondents give poor marks to life in HRM



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A survey focused specifically on young people in Halifax didn't earn any grades above B-.

The Community Foundation of Nova Scotia asked more than 350 youth between the ages of 15 and 24 to grade HRM on 13 topics such as housing, safety and employment.

Eleven of them earned a grade of C or C+, one a D and one a B-.

Allison Kouvoznikov, the foundation's executive director, says finding work was a major concern.

"If we look at international students, they had a difficult time getting a job because they didn't know many local people," she said. "Non-international students said there's a lot of nepotism. So we need to focus on merit and skill sets as compared to familiar last names and faces."

Survey respondents Sasha Sears and recent university graduate Ashley Harris both

Youth Report Card on HRM

Identity and belonging: C+

Youth engagement: C

Youth housing: D

Youth spaces: C+

Safety: C

Getting around: C+

Environment: C+

Arts and culture: C+

Recreation and sports: C+

Education and learning: C+

Employment: C

Health and wellness: C+

Overall quality of life: B-

said a lack of entry-level positions is another major barrier to entering the work

force.

"I'm definitely thinking of going elsewhere to get job

experience," said Harris. "So many jobs need five to 10 years experience, but how do you get that unless you have the money and resources to intern for a long time?"

The foundation's Vital Signs-Vital Youth report notes entry-level workers face more competition from baby boomers who are staying on the job longer or returning to work after retiring.

Charles P. Allen High School student Emilie Petch has struggled to find a part-time job, but says she's more concerned about a lack of public transportation.

"If the buses came more regularly and more often,

people could get downtown more easily," she said. "Most of us don't have a license yet, so we have to rely on our parents to take us everywhere."

Youth housing costs earned the lowest grade of the report. Sears, who rents in Halifax, says it's an issue that must be addressed as Halifax prepares for a population boom related to the shipbuilding contract and offshore exploration contract.

"It's not just students, if you're just starting your career, it can be really difficult," she said. "You only have so much income, and if you're paying \$600, \$700 or \$800 a month in rent, it's a lot."



A student walks past a building on the Dalhousie University campus on Monday. Education in Halifax received a grade of C+ in the Vital Signs report. JEFF HARPER/METRO

Highlights from the Halifax Vital Signs



Halifax is getting older, the Halifax Vital Signs survey reveals. The survey was released today. METRO FILE

Proportion of seniors (65+): 11% of population in 2001, 13.1% in 2011.

Youth population (15 and under): 18.4% in 2001, 15.3% in 2011.

Foreign-born population: 6.9% in 2001, 7.4% in 2011.

Breakdown of immigrants: 73% of immigrants to HRM in 2010 were economic immigrants (skilled workers and investors), 15.5% were family class, 9.6% were refugees, 1.8% were other immigrant categories.

Getting older

39.9

The median age in Halifax was 39.9 in 2011, up from 36.6 in 2001

Growth in average housing price from 2001-2011: 93.2, ninth out of 10 major Canadian cities. Average price doubled in eight other cities.

Hottest housing market based on MLS housing sales/new listings ratio, January-July 2012: Halifax North (83%), Purcell's Cove (79%), Woodside-

Cow Bay (78%).

Average rental cost in HRM: \$866 in October 2011, compared to \$836 in October 2010.

Most expensive rental communities: Peninsular south (\$1067), Mainland North (\$894) and Peninsular North (\$879).

Student enrolment in Halifax Regional School Board declined by about 12% from 2001-02 to 2011-12.

School funding per student in Halifax Regional School Board increased by about 60% in total from 2001 to 2011.

Employment growth grew by average of 1.7% annually from 2001 to 2011 for overall growth of 18%.

Top five occupations in HRM: sales/service (29.5%), business/finance/administration (21.9%), management (11.1%), social science/education/government/religion (10.8%), health professions (9.2%).

Average round-trip commute time: 65 minutes in 2006, 10th of 21 world cities — lowest among ranked Canadian cities.

Baristas with bachelor degrees: Youth flunking on the job market

Vital Signs report.

Study paints troubling portrait of educated Canadians who are buried in loans but lack opportunities



SEAN
MCKIBBIN
Metro in Ottawa

Canadian youth are more educated than ever, but it's not opening the same doors for them as it did for their parents, says a new report titled Vital Signs from the Community Foundations of Canada, being released today.

"The linear path from school to career, home ownership and family has disappeared," said Ian Bird, president and CEO of Community Foundations of Canada.

Bird said Canadians between the ages of 18 and 34 face increased competition for jobs from older workers

and globalization.

As a result, they have trouble paying crippling student loans, suffer from disengagement with society and many also struggle with a host of mental-health disorders.

"We've experienced tuition growth of over 200 per cent in the past 20 years and a debt load that's unprecedented. There's rising cost of living in major urban centres and then you have the delay in getting into the labour force. That confluence of factors is fundamentally different than it was 20 to 25 years ago," said Bird, who called the situation for youth "alarming."

He added Canadian society must bridge the gap between generations now or it won't have the means to do so in the future as waves of retiring baby boomers begin to erode tax revenues.

While the report says most Canadian youth are doing well academically, it also raises alarms about high dropout rates among rural and aboriginal communities.



In this screen grab from the Fox TV series New Girl, Jess (Zooey Deschanel) works as a shooter girl after being laid off from her teaching job. More and more Canadian youth are finding themselves shelving their degrees due to a lack of employment opportunities in their field, a new study says. CONTRIBUTED

Do the math

50%

The Vital Signs report says youth, who make up 16 per cent of the Canadian workforce, accounted for 50 per cent of the recession job losses in Canada.

250K

Youth employment stands some 250,000 jobs below the pre-recession peak.

1/3

One out of three 25- to 29-year-olds with a college or university diploma moved into low-skilled occupations after graduation.

70%

In low-income communities, dropout rates can be more than 70% vs. 6% to 11% in affluent neighbourhoods.

Tory MP apologizes for 'insensitive' remarks about Layton's death

Conservatives found themselves cringing once again on Monday at the ramblings of caucus colleague Rob Anders — this time a brazen suggestion that ambitious NDP Leader Tom Mulcair helped hasten the death of predecessor Jack Layton.

The Calgary MP — known on Parliament Hill for saying or doing things that leave people shaking their heads — dropped a whopper in an interview published Monday by political news website iPolitics.

Anders was quoted by iPolitics as saying that "one of the

great stories that was missed by journalists" was that Mr. Mulcair's arm-twisting behind the scenes "helped to hasten Jack Layton's death."

"It was very clear to me, watching the two of those gentlemen in the front benches, that Jack Layton was ill and that Mr. Mulcair was making it quite obvious that if Jack wasn't well enough to fight the campaign and fight the election that he should step aside," he continued.

The reaction was swift and unequivocal.

"If I was (Prime Minister

Stephen) Harper, he would be gone out of the Conservative party in a heartbeat," said Nova Scotia NDP MP Peter Stoffer, who also described Anders in decidedly unparliamentary — and unprintable — language.

"That kind of comment, that is a disgrace, not only to Mr. Mulcair but to the legacy of Mr. Layton."

Anders quickly issued a written apology for what he described as his "insensitive and inconsiderate" remarks, and Olivia Chow, Layton's widow, said she accepted it.

THE CANADIAN PRESS



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Million litres of fuel

Explosions and fireballs as blaze razes plant

At least 55 firefighters struggled through the night to put out what can only be described as a massive chemical blaze in St. Boniface, Man.

The fire was expected to still be burning on Tuesday morning.

Thick plumes of greyish-black smoke snaked through

the air just before 5:30 p.m. at Speedway International's biodiesel plant on Monday, and it wasn't long before the fire was driving everyone, including firefighters, back from the scene.

Almost one million litres of fuel were estimated to be inside.

Witnesses and evacuees at the scene described intense heat and constant ground-rumbling explosions, including a massive fireball that exploded at about 6:15 p.m., sending people and media fleeing.

Streets around the area were quickly shut down and emergency personnel tried in vain to discourage gawkers from getting too close to the blaze, which, by 10 p.m. local time, had grown to about the size of two football fields.

Firefighters had just started pouring fire-suppression chemicals on the blaze at press deadline, after waiting due to the possibility of explosions and worries that five nearby CN Rail cars filled with fuel could also explode.

ELISHA DACEY/METRO IN WINNIPEG

Market Minute

DOLLAR
101.76¢ (+0.05¢)

TSX
12,370.19 (+52.73)

OIL
\$92.48 US (+\$0.29)

GOLD
\$1,783.30 US (+\$9.40)

Natural gas: \$3.48 (+16¢)
Dow Jones: 13,515.11 (+77.98)

Economics

Yes, there will still be bacon

Bacon lovers can relax. They'll find all they want on supermarket shelves in coming months, though their wallets may take a hit.

The current drought is likely to nose up prices for bacon and other pork products next year by as much as 10 per cent. But experts are dismissing reports of a global bacon shortage that lent sizzle to headlines last week.

THE ASSOCIATED PRESS

Ikea erases photographs of women from Saudi catalogue

2013 edition. Images are 'another sad example' of gender inequality in Saudi Arabia, says Sweden's trade minister



PETER LINDHOLM
Metro in Sweden

Swedish furniture retailer Ikea has erased women from the pages of its Saudi Arabian catalogue.

The 2013 catalogue, printed in 27 languages for distribution in 38 countries, looks almost alike worldwide, displaying identical interiors of kitchens and bathrooms. However, in the Saudi version women appear to be removed from the images. Metro Sweden first discovered the inconsistency on Ikea's on-line catalogues earlier this week.

For example, in the Swedish version of the catalogue, a mother can be seen standing at a sink beside her child



Left, a page from Ikea's catalogue in Sweden. Right, the same page from Ikea's catalogue in Saudi Arabia. What's missing? COURTESY OF IKEA

in a bathroom. But in the Saudi catalogue, the mother is absent. In another image, a young girl who appears to be doing homework has also been airbrushed.

Under Saudi Arabia's strict Muslim law, women are not allowed to drive, vote or be outside of their homes without the guardianship of a male relative.

Sweden's Minister for Trade Ewa Björling said the

retouched images are a sad example of the oppression of women.

"You cannot retouch women from reality," she told Metro. "If Saudi Arabia doesn't allow women to be seen or work they miss out on half their intellectual capital. These images are yet another sad example of the long road to gender equality in Saudi Arabia."

Ikea has since apologized

for the catalogue retouching. "As editors of the catalogue, we are sorry about this," Ikea spokesperson Josefin Thorell told Metro. "We should have reacted and seen that this is in conflict with Ikea's values."

The Ikea group will "revise their procedures" to avoid similar situations in the future. It is still unclear whether the Saudi catalogue will be withdrawn or not.

Catalogue controversy

Who is responsible?

What remains unclear is who is responsible for the decision to airbrush women out of the catalogue — Ikea or a local entity in Saudi Arabia. A spokeswoman for Inter Ikea Systems, a branch of Ikea that oversees franchises, says the Swedish retailer should be blamed.

"What has come out during our contacts with Saudi Arabia during the day is that it isn't the local franchise that has done something wrong. It is our responsibility at Inter Ikea Systems," said Ulrika Engleson Sandman. "The franchise owner has been presented with images without women." Now Ikea is considering what to do next. One alternative is to print a new catalogue.

METRO



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NO PATIENCE FOR PICKY EATERS



SHE SAYS ...
Jessica Napier
metronews.ca

"No jalapenos, please."
The waiter asks as he rolls his eyes: "Is it an allergy?"
"No ... I just don't like them," I respond as I sheepishly turn away with

embarrassment.

When my nachos arrive I groan: jalapeno peppers are defiantly embedded within every layer of melted cheese. The spicy-hot toppings mock me as I gently remove them one by one.

Nobody likes a picky eater. I hate being that annoying dinner companion who despises anything with a little too much spice so I will always try to accommodate those with more adventurous palates. I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili.

When you are fortunate enough to live in a large city, filled with multi-ethnic fare and interesting haute (often HOT) cuisine, you shouldn't take that for granted. But while I certainly want to like spicy foods, my tongue screams in protest every time I come into contact with a piquant sauce or a fiery curry.

Too hot for you?

"I'll covertly chug endless glasses of water to get through a shared meal of kimchi-laced bibimbap or five-alarm chili."

people who don't like fish because it smells funny or don't let different foods on their plate touch because ewww contamination!

Come on.

It can be a total turnoff when you meet a fully grown adult who behaves like a fussy child when it comes to trying new food. There's nothing wrong with liking things plain, but there's a fine line between a simple preference and a neurotic obsession. When friends and family develop prejudices against entire food groups, hosting a dinner party or going out for a meal can become a complicated and frustrating endeavour.

One of my favourite local pizzerias refuses to do substitutions on the premise that they, not the customer, know best when it comes to what flavours work together. While some patrons sneer at their holier-than-thou approach to pizza, I applaud their refusal to pander to the overly entitled menu customizers out there.

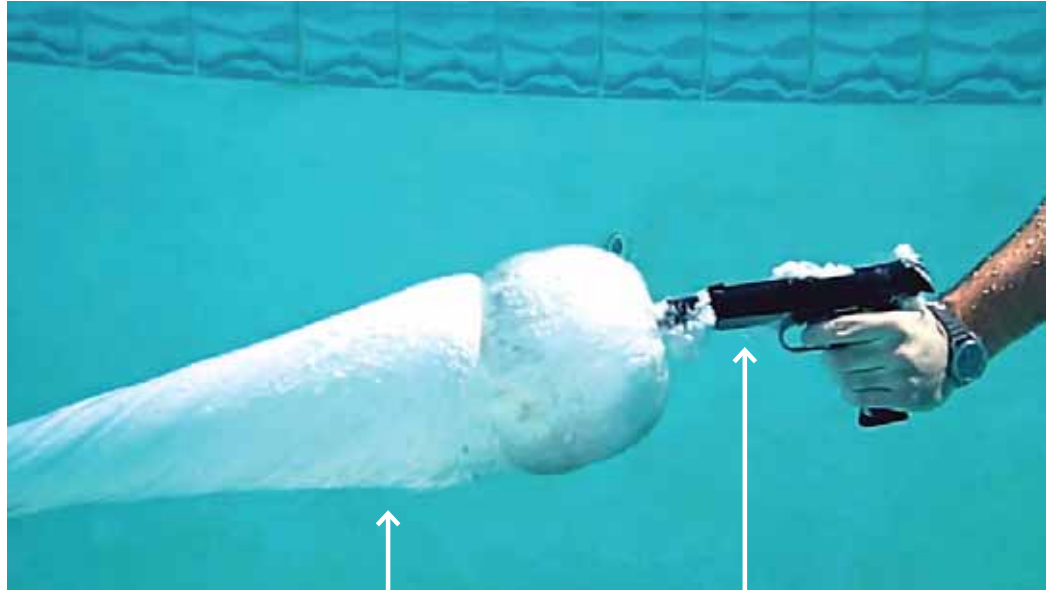
We're grown-ups now, shouldn't we be able to try something new before forming an opinion? I implore all those finicky foodies out there to stop turning up your noses at ingredients you can't pronounce, experiment with flavourful sauces and seasonings, and open your mind (and mouth) to some new culinary experiences.

Follow Jessica Napier on
Twitter @MetroSheSays



Would you like some nachos with your jalapenos? JONATHAN DANIEL/GETTY IMAGES FILE

Having a blast under water



ANDREW TUOHY/VUURWAPENBLOG.COM

Firearms photography

Pistol fired in pool creates storm of interest

This is what firing a gun under water looks like. Firearm expert Andrew Tuohy shot a few pistols in his swimming pool and posted a video on his blog, which has now gone viral. The result: A stunning shot of a tornado rippling through the water. Metro spoke to the 26-year-old ex-sailor from Tucson, Ariz. **METRO**



Andrew Tuohy also makes "flower" jewels from his spent bullets.
ANDREW TUOHY/VUURWAPENBLOG.COM

Q&A

Gunning for art

Tuohy describes his image of a Kimber 1911 pistol firing underwater.

Firing a gun under water looks spectacular, but was it safe?

The bottom line is that yes, it's safe to use these firearms underwater. With other firearms — due to their design and barrel size — it's not safe, as they'll explode under water! The bullets themselves only travel a metre or so in water. Here, I used hollow-point bullets — they travel even shorter as they expand their diameter instead of penetrating through a target.

What challenges did you have?

This event happens very fast. The bullets are moving at about 1,000 feet (309 metres) per second initially, and the muzzle blast is over in about 1/60th of a second. So the higher frame rate of the video camera really helps.

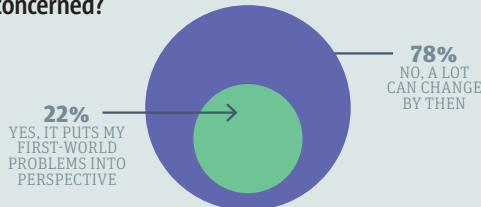
What does this image tell you?

It shows firearms as something interesting and potentially even beautiful instead of ugly and evil. It's fun, educational and different. They can be used to oppress or liberate from oppression, to murder or to prevent murder, and in this specific case, they can even be used to create art. **METRO**



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and take the quick poll

A recent report says 100 million people will die from climate-related causes by 2030. Are you concerned?



Twitter

@der_junker:

It's sad that the cruise ships visiting #Halifax tower over most of our downtown buildings.

its like my home province is all grewed up #halifax

@andrewswartz:

In Halifax for a few hours, have already seen a misogynist billboard, a marching group of bagpipers, a guy w/ a unicycle, and a Lululemon

@RickatSCOREGolf:
Just glancing at all the award banners Halifax International Airport has won for customer service #impressive

@DannyKidRadio:

a new area code for back home?

@loveneverlastsx:
I can't wait till I'm old enough to move to Halifax. Cape Breton is for peasants.



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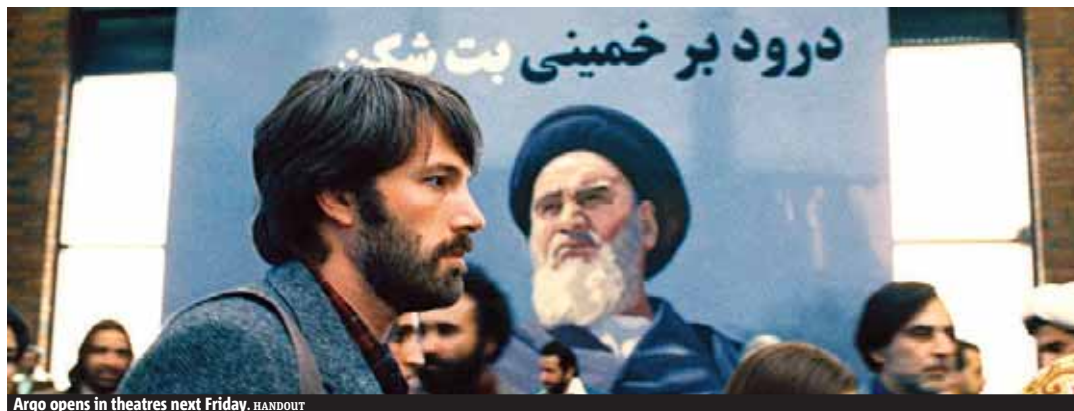
Bond 50

BOND 50 collects all 22 James Bond movies on Blu-ray for the first time, and leaves room for Skyfall, the coming 23rd one. Appraising this handsome set, it doesn't seem too pompous to quote Shakespeare's King Lear: "O, reason not the need!" Yes, chances are very good that you already own most or all of the 007 canon, on VHS and regular DVD. Possibly even Blu-ray, too, although BOND 50 brings nine of the films to the high-definition format for the first time: You Only Live Twice, On Her Majesty's Secret Service, Diamonds Are Forever, The Spy Who Loved Me, Octopussy, A View to a Kill, The Living Daylights and Tomorrow Never Dies. But it's likely you'll still desire this boxed set, if only for its intelligent design, which pays full homage to the six men who have played Bond over the past half-century: Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and now Daniel Craig. There are 122 hours' worth of bonus features, much of which has already been released. But the real bonus is a single disc that smartly breaks down the Bond mystique via short featurettes that analyze the girls, gadgets, villains, look and style of this durable franchise.

PETER HOWELL

Apologies to Boatmen fans but Argo (Ben Affleck, Bryan Cranston) has nothing to do with Toronto's storied CFL team. The real-life story does, however, involve Canadians running a gadget play. Hatched in clandestine corners of Ottawa and Washington, Argo is the fake movie script concocted by covert operatives posing as a Canuck film crew scouting locations in Tehran. The daring rescue of six diplomats who hid in the Canadian ambassador's house during Iranian Hostage Crisis is just one of several ops to inspire filmmakers.

MIKE DOJC
scene@metronews.ca



Argo opens in theatres next Friday. HANDOUT

Ops that inspired Hollywood

Operation Thunderbolt

Dateline: July 4, 1976

Air France flight 139 was hijacked by the Popular Front for the Liberation of

Palestine in conjunction with a German based radical group. After rerouting the flight to Uganda, 106 Jewish and Israeli hostages were held at the Old Terminal of the Entebbe airport. Israel's elite commando unit, Say-eret Matkal, led by Yonatan

Netanyahu (older brother of the current prime minister) flew four Hercules C-130s over 4,000 kilometres and landed undetected on the dark runway. Driving land rovers and a black Mercedes to impersonate an Idi Amin motorcade, the cavalry sped

toward the building where the hostages were being held, taking the terrorists by surprise. Three hostages and Commander Netanyahu were killed during the mission. Charles Bronson (Death Wish) starred in the movie adaptation, Raid on Entebbe.

Operation Nimrod

Dateline: May 5th 1980

After the Democratic Revolutionary Front for the Liberation of Arabistan (DRFLA)

seized control of the Iranian embassy in London and threatened to blow it up if their demands weren't met, Maggie Thatcher gave the order to mobilize Britain's finest. Armed with the latest whiz-bang gadgetry of the

period, a crack unit of the British Special Air Services (SAS) breached the building by lowering a charge through a skylight and abseiled in guns blazing. Five militants and one hostage perished in the crossfire during the

17-minute siege that helped establish Thatcher's Iron Lady rep. The operation unravelled on a holiday with TV cameras rolling so millions of Britons watched it unfold. Who Dares Wins (1982) was inspired by the events.

Operation: Maersk Alabama Rescue

Dateline: April 12, 2009

Off the coast of Somalia a cargo ship bound for Kenya

was boarded by pirates. The crew managed to power down the ship's systems so that the pirates could not steer the vessel and they holed up in a secure room but Captain Richard Phillips and several crew members were captured. The ship's

chief engineer, armed with just a knife, managed to subdue one of the pirates and during a botched prisoner exchange the pirates fled in a lifeboat taking the captain as their hostage. The destroyer USS Bainbridge, guided-missile frigate USS Halyburton

and the amphibious assault ship USS Boxer were dispatched to the scene. After negotiations broke down Navy SEAL snipers took out the pirates. Tom Hanks has been tapped to play Phillips in a big screen adaptation of the high seas rescue.

2 SCENE

On the web



Qriket

DiCaprio, Maguire lead all-star cast in new video urging voter expression through social media. Check it out by scanning this code or visiting metronews.ca/scene.



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A change of heart

Fanatic. New record is full of opinions, not just slow dances — and the songs don't complement stir-ups and a can of hairspray unless, of course, you want them to

LINDA LABAN
scene@metronews.ca

Ann Wilson is struggling for words to describe the emotional pull she felt while making Heart's brand new album *Fanatic*. Even after 14 studio albums, the singer wasn't phoning it in.

"Ahh," she sighs. "This one really took all of me. I felt like I'd been struck by lightning by the time it was finished."

The passion is palpable from the get-go as the forceful title track barrels out on sister Nancy's fierce guitar riffs and Wilson's banshee wail makes what's either a band statement or

social commentary: "Don't try and tell me the world is changing/Heart's getting stupid," she sings.

"It's definitely us contemplating," she says. "We're suggesting that we use some of our higher powers to love and solve some of our problems. We're a very sick society, so that could be a very healing thing. It's an old idea, right, but it's a very great idea."

Wilson is talking deep stuff.

"Committed stuff, sure," she says. "We've got opinions. It's not just a bunch of slow dances."

The album, however, does slow for *Walkin' Good*, a lovely duet between Nancy and Canadian singer Sarah McLachlan, whom the Seattle rockers met playing McLachlan's femme-fronted music festival, Lilith Fair, last year.

"We met so many great women," says Wilson, before adding that she doesn't delineate music by gender.

"Is it Best Male Guitarist and Best Female Guitarist? Or is it Best Guitarist," she proposes. "That's the list I'd like to see."

Quoted

"We're suggesting that we use some of our higher powers to love and solve some of our problems. We're a very sick society, so that could be a very healing thing. It's an old idea, right, but it's a great idea."

Ann Wilson

On the contemplative emotions she felt while recording her 14th studio album.

This ain't no Swiffer commercial

One of the most commercially enduring bands in history is back with a deeper message.

- **Starstruck.** This year saw Heart issue a massive anthology, *Strange Euphoria*, and a biography, *Kicking and Dreaming: A Story of Heart, Soul and Rock and Roll*. Plus, just two days before Metro spoke with Wilson, Heart got a star on the Hollywood Walk of Fame.
- **Over the years.** Heart got their first taste of fame in the mid 1970s with hard rock, folk and heavy metal influences. Their popularity waned in the early 1980s but they had a comeback in 1985 — and experienced even more acclaim for their 1990s rock ballads.



Nancy, left, and Ann Wilson of Heart. To date, Heart has sold over 30 million records worldwide. GETTY IMAGES

We are family: Elle Varner's breakout album draws from her nearest and dearest

Perfectly Imperfect. Kudos from Michelle Obama and a nomination for best new artist at the Soul Train awards have launched young R&B star to new heights

Elle Varner may be R&B's rising star, but she already has fans in the White House.

While at the Democratic National Convention, first lady Michelle Obama said she's become a fan of Varner, thanks to her eldest daughter Malia's heavy rotation of her music at the executive mansion.

The singer-songwriter called the presidential praise the utmost honour.

"I just couldn't believe it," Varner said in an interview last week from Richmond, Va. "I was so proud of the fact that, like, I made this album that not only a 14-year-old girl can appreciate, but her mother as well."



R&B singer Elle Varner posing at the 2012 BET Awards in Los Angeles, in July. JORDAN STRAUSS/THE ASSOCIATED PRESS

Varner's album, *Perfectly Imperfect*, debuted at No. 4 and No. 2 last month on Billboard's 200 and R&B/Hip-Hop albums charts respectively. She's on a U.S. tour, her single

Refill is a Top 10 R&B hit, and she's nominated for best new artist at the Soul Train Awards.

"I didn't really see myself as being on that radar yet," she said of the nomination, which

pits her against J. Cole, Robert Glasper and Emeli Sande. "It was really just showing me that, 'OK, so you have reached that next step in your career where you're now being con-

Quoted

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God, that's a big deal.'"

Elle Varner

On growing up among some of music's biggest stars.

sidered in these categories, like this is really real."

The twentysomething's foray into music was almost inevitable as the daughter of a background singer for Barry White and a songwriter for Diana Ross and The Temptations. As a child tagging along with her parents, Varner met legends from Chaka Khan to Ray Charles to Bill Withers at recording studios and on tours.

But the singer didn't realize how much those experiences were shaping her.

"I was growing up with all these great people around me and not really understanding ... not thinking, 'Oh my God,

that's a big deal," recalled Varner, who graduated from The Clive Davis Institute of Recorded Music at New York University in 2008. "So, I think ... it gave me the confidence that I could easily be in this business."

Varner is putting her family's musical skills to use on her debut album: Her father, Jimmy Varner, produced and wrote for the project, and her mother, Mikelyn Roderick, backs Varner on several songs. And the music video for her latest single, the R&B jam *I Don't Care*, was inspired by Varner's white grandmother from Sweden, who was expelled from the University of Maine in the 1960s for dating her grandfather, a black man from Alabama (they were married for 52 years).

"It's a really beautiful representation of what it looks like when people really love each other and they don't care what outside people might think," she said of the video, which features same sex and interracial couples.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Christina Aguilera: I'm through being skinny



THE WORD
Dorothy Robinson
scene@metronews.ca

The Word has been waiting for Christina Aguilera to lose weight and then get paid a mint to appear in a *Us Weekly* cover story to talk about how she shed the pounds — a.k.a. *Tabloid Journalism 101*.

But, God bless her, it doesn't look like that cover is coming up any time soon, as Aguilera is embracing her curves.

In a recent interview with *Billboard* magazine, The Voice mentor says she's through worrying about staying skinny to promote her music. "During the promotion of my album *Stripped*, I got tired of being a skinny white girl. I am Ecuadorian, but people felt so safe passing me off

as a skinny, blue-eyed white girl," she says, recounting how she put on 15 pounds during promotion for that album, prompting a "serious emergency meeting" with her label reps about potential backlash over her weight gain.

"(They claimed) people I toured with would also miss out if I gained weight because I would sell no records or tickets for my shows," she explains. "I was young, so I lost the weight quickly and was toothpick thin during *Back to Basics* promos and touring."

But for her latest record, she'd had enough: "I told them during this *Lotus* recording, 'You are working with a fat girl. Know it now and get over it.' They need a reminder sometimes that I don't belong to them. It's my body," Aguilera says.

The whole time I was writing this, I was thinking about the photo of Rick Ross at this weekend's BET awards. He, too, seems to embrace his weight. Dude is chunky. And yet, I'm guessing at his next sit-down interview, he's not going to have to talk about his weight in relation to his music, is he?



Metro gets a Lone look at a revamped classic to come

Johnny Depp is set to star as Tonto in director Gore Verbinski's remake on '50s television hit, *The Lone Ranger*. The film, which opens July 3 of 2013, sees Native American spirit warrior Tonto recounting the untold tales that transformed John Reid, a man of the law, into a legend of justice. ©DISNEY ENTERPRISES, INC. AND JERRY BRUCKHEIMER INC.

Swift to swoon: So who is Taylor going to croon about next?



Taylor Swift ALL PHOTOS GETTY IMAGES

In what is probably not the most shocking news of the year, Taylor Swift admits she can fall in love easily.

The 22-year-old singer-songwriter tells *Marie Claire* magazine that she still believes in love "even after it explodes into a million pieces and burns down and you're standing in a pile of ash of what it once was thinking. 'Why did I have to meet this person, why did this have to happen?' But then, when you make eye contact with someone across the room and it clicks and, bam, you're there. In love again." As for her penchant for writing explicitly about ex-boyfriends in her songs? She makes no apologies. "It's not my fault if someone gets into a relationship with me and then cheats and I write a song about it."



Arnold Schwarzenegger

Arnold opens up about affair

Arnold Schwarzenegger claims he didn't know he'd fathered a child with his longtime housekeeper until the boy "started looking like me," he says in an interview with *60 Minutes* to promote his new memoir.

"That's when I kind of got it. I put things together." But while he kept the

woman, Mildred Baena, on staff and began providing financial support for the boy, he was in no hurry to tell wife Maria Shriver or their four children. "It was very difficult, strange, bizarre," Schwarzenegger says. "I just said to myself, 'OK, I'm going to put this away.'"

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3
LIFE

Fitness. As No Doubt's sixth studio album, *Push and Shove*, drops Sept. 25, we look at how lead singer Gwen, 42, stays toned

ROMINA
MCGUINNESS
Metro World News

LESSON 1: EAT LIKE GWEN

According to personal trainer Mike Heatlie, who has worked with Gwen Stefani on and off for more than 10 years, 75 per cent of exercise is overrated.

"It's not that it doesn't help," he explains, "But if you want a slim waist and six-pack as defined as Gwen's, you need to reduce your overall body fat and the only way to do that is by changing your diet."

The fat loss strategy

"We live in an obesogenic environment — meaning fatty, sugary foods are everywhere, making it hard for us not to get fat," Heatlie tells Metro.

"If your diet is rich in white carbs, such as pasta, cereal and soda, then you're probably consuming too much energy.

"Carbs stop the fat burning process because the body prefers using the energy provided by carbs — glycogen — over the energy from fat. The body will only start burning fat if carb levels are low and it has no other option. But if you want this process to happen, you'll have to cut back on carbs."

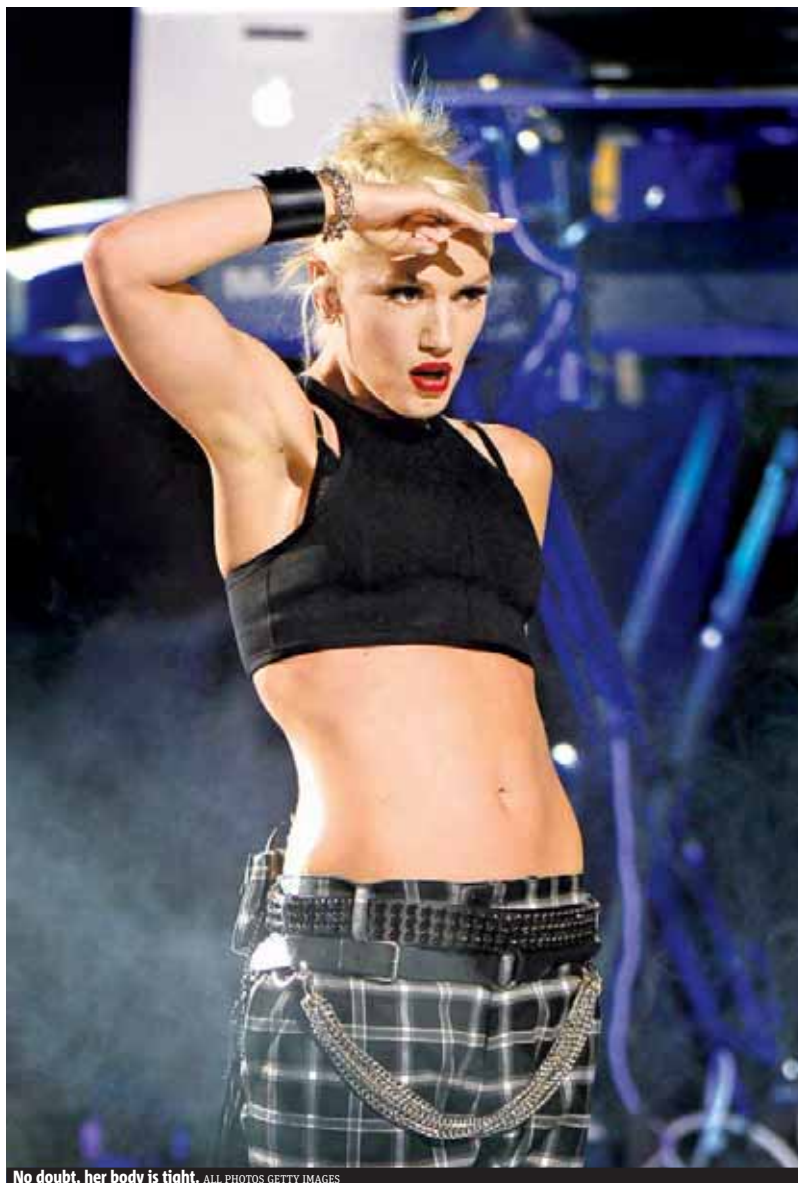
Carb-calorie cycling

It's not what you eat once in a while that matters, but what you eat consistently, Heatlie explains.

"A diet plan that's too strict becomes unsustainable. If 90 per cent of your diet is 'good' then the remaining 10 per cent that's 'bad' doesn't really matter. Choose five to six days in the week when you aim to reduce your intake of carbohydrates. Maybe swap your breakfast of cereal for a protein smoothie with fruit.

"In the evening, have something like salmon or chicken with vegetables (which you should always have with your dinner) rather than bread and pasta.

"But make sure you give yourself one or two days off where you can eat more or less what you want as this then becomes a sustainable lifestyle rather than a quick fix diet."



No doubt, her body is tight. ALL PHOTOS GETTY IMAGES



She looks 20-years-old still.



From the runway to the gym, she still looks good.

more wrinkles and fine lines."

LESSON 3: MOVE LIKE GWEN

If it feels like you're putting in a tremendous amount of effort into your workout, yet you're not getting the results you were hoping for, then it could be that you're not training correctly.

"In order to notice a difference in yourself you need to be working out at the correct intensity levels. Your body shape will only change if it's put under strain and stress because the real fat-burning hormones, growth hormones and testosterone, only get stimulated under intense physical training," says Heatlie.

Whilst he recognizes the benefits of cardiovascular training, such as running or cycling, Heatlie believes that one of the best ways to get a lean and sexy muscular structure like Gwen's is by really putting the body under pressure by mixing cardio and resistance training.

Are you ready to push and shove your way to a leaner body?

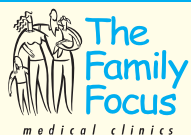
On the web



Qriket

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The secret to Gwen's six pack

"The key to a six-pack like Gwen's is to follow a strict low-carb diet and combined with regular resistance training.

"You could have the most amazing six-pack, but if there's a layer of fat over it, you won't be able to see it.

"The body fat must be around 15 per cent for women and less than 10 per cent for men if you want that six pack to show," reveals Heatlie.

LESSON 2: LIVE LIKE GWEN

Check out No Doubt's newest video — *Settle Down* — and Stefani looks more like 22-years-old than 42-years-old.

"The only way to appear

naturally younger is to lead a balanced lifestyle," says Heatlie.

"If you carry excess weight and have too much stress in your life, it will start to show on your face, making you look older than you really are."

Heatlie recommends three effortless rules to help you hold on to your youth:

1 "Avoid eating too much salt, which causes water retention and will make you look bloated."

2 "Keep your diet high in antioxidants by making the effort to eat plenty of fresh fruit and vegetables every day as well as drinking four to five cups of green tea and about three liters of water. Antioxidants prevent and repair damage to our body's tissue by slowing or preventing the damaging effects of free radicals."

3 "Cut back (or out) on alcohol and cigarettes. Chemicals in tobacco smoke damage collagen and elastin, the fibers that give your skin its strength and elasticity, which can lead to wrinkled skin. Alcohol intake can reduce the level of vitamin A within the body, allowing free radicals to spread and accelerating the deterioration of collagen and elastin — leading to

Gear up for Turkey Day with Cranberry-Stuffed Pork



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Pork tenderloin is a delicious and lean cut of meat. Due to improved farming practices, you can now safely cook pork to medium, keeping it moist.

1. Preheat oven to 375 F. Line baking sheet with foil lightly coated with cooking spray.

2. Stuffing: Combine cranberries, walnuts, cinnamon, cloves and walnut oil in bowl of food processor. Pulse on and off until mix is crumbly. Add diced brie and pulse once or twice, just to combine.

3. Open pork loin like book and stuff with fruit and nut stuffing. Secure with kitchen string. Set large skillet lightly coated with cooking spray over medium-high heat and sear until browned on all sides, about 2 mins on each side. Place on baking sheet; bake 20 mins. or until cooked to medium (until the meat reaches an in-

Ingredients

Pork

- 1 1/2 lb pork tenderloin, butterflied

Stuffing

- 2/3 cup dried cranberries
- 1/3 cup toasted walnuts
- 1/2 tsp cinnamon
- pinch of ground cloves
- 2 tsp walnut (or olive) oil
- 1 oz diced brie

Glaze

- 2 tbsp orange juice concentrate
- 2 tbsp red currant jelly
- 1 tsp balsamic vinegar
- 1 tsp olive oil
- 1 tsp orange zest
- 1/2 tsp finely chopped garlic

Garnish

- 3 tbsp chopped parsley

ternal temperature of 145 F). Let rest 10 mins. before slicing.

4. Glaze: Combine juice, jelly, vinegar, oil, orange zest and garlic in a small saucepan. Set over medium heat 1 min. and drizzle over pork. Garnish with parsley. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**



This recipe serves six. RYAN SZULC, ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Health Solutions

Don't gobble gobble extra calories



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Much of the disastrous 10 pounds per decade (that is suspected of being the foundation of our obesity crisis) is acquired between Thanksgiving and Christmas.

Regardless of your familial background, there are more gatherings, celebrations and opportunities to eat at this time of year. Navigating them so you can enjoy without the backside burden takes a tiny bit of practice. Here's your game plan:

1. Veggie platter

Be the one who always brings the veggie platter with hummus.

2. Healthy nibbling

Seat yourself next to said platter and nibble to your heart's content.

3. No pre-dinner snacking

Promise yourself you will not eat the chips, popcorn, peanuts, chocolates and any other manner of crap before dinner. (After dinner, if you are still hungry...ha,ha,ha... go ahead)

4. Fill your plate with veggies

When dinner is served, fill half of your plate with green vegetables, 1/4 with starchy vegetables like carrots and squash and the other 1/4 with lean protein.

5. Stay away from deep-fried foods

Avoid anything deep fried. (Note: This is the first time I have used the word "avoid".)

6. Watch the liquor

Never have more than two alcoholic beverages.

After the celebration season, you may some exercise skills, but, if you follow these steps, you shouldn't have too much trouble.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.



Mexican touch. Mole Pulled Pork Sandwich



This blend of Mexican mole sauce and pulled pork tenderloin makes for a crazy delicious sandwich.

1. In a medium saucepan over medium-high, heat the oil. Add the pork and sear for 2 to 3 minutes per side. Set the pan aside off the heat.

2. In a blender combine the almond butter, tomatoes, garlic, shallots, cocoa powder, cinnamon, black pepper, red pepper flakes, cloves and water. Purée until smooth, then add to the pork.

3. Bring the pork and sauce to a simmer over medium heat. Cook uncovered, stirring occasionally, for 15 to 20 minutes.

4. Use a slotted spoon to transfer the pork to a large plate or cutting board, then use 2 forks to pull and shred it. Return the pork to the sauce

and stir well. Season with salt.

5. Divide the pulled pork between the buns. Top with scallions.

THE ASSOCIATED PRESS

Ingredients

- 1 tbsp olive oil
- 1 lb pork tenderloin, cut into 2-inch chunks
- 1/2 cup smooth almond butter
- 1/2 cup canned crushed tomatoes
- 3 cloves garlic
- 1 shallot
- 1/2 tsp cocoa powder
- 1/4 tsp each cinnamon, black pepper, red pepper flakes
- 1/8 tsp ground cloves
- 1 cup water
- Salt
- 4 sesame seed burger buns
- 1 scallion, white and green parts, chopped

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Fantine Domestic Short Hair

Fantine came to the shelter as a stray with kittens. Now that her babies have been adopted and she has been spayed, we think that at 10 years old this lovely lady deserves some quiet time to settle down and enjoy the finer things in life.



Although not overly outgoing, she enjoys any attention that visitors and shelter staff give her. Fantine is on a wet food only diet as many of her teeth had to be removed. If you have room in your life to share with Fantine, please visit her today. Her adoption fee has been reduced to \$65.

For more information on Fantine and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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At what point does tipping become un-frugal? ISTOCK IMAGES

Feeling tipsy? Don't break the bank!

Generous and frugal.
A quick guide to the acceptable level of tipping



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In Canada, tipping etiquette says that when a service has been provided, and it's of a certain level of quality, the buyer tips.

But how much is a reasonable tip and when does tipping become un-frugal?

Naturally, if you receive good service at a restaurant, spa or hotel, for example, a good tip is in order.

But, unless you're trying to catch a service provider's attention, perhaps to get a date or impress the one you're on, don't break the bank.

Here are a few guidelines to follow.

Food Service: Throwing a few coins into your barista's tip jar never hurts when you're aiming for quick and reliable service.

If you receive exceptional service at a restaurant or bar, 20 to 25 per cent tip is in order. Adequate service should be rewarded between 10 to 15 per cent and if the service is poor, 10 per cent or less.

Just remember that if you're paying with a coupon or gift-certificate, you should still tip on the total before the discount has been applied.

Travel: Tipping a taxi driver or chauffeur 10 to 15 per cent is customary, but I'd recommend a minimum of \$3.

If hotel staff helps you to your room with bags or fetches your car from underground parking, \$2 to \$10 is recommended.

Personal Services: Tips

for spa or hair services range from 10 to 20 per cent.

If you receive poor service, a low tip signals to the service provider that your experience could be much improved.

But, before you stiff the server out of a tip, think about who is responsible for your bad experience? Did the manager incorrectly staff the restaurant (not the server's fault so speak to the manager) or was your server rude and inconsiderate (bad service should not be rewarded).

Apply frugality and good judgment when tipping by limiting spending, double-checking your bill for accuracy and ensuring that a gratuity hasn't already been paid.

If you're not good with tipping math, don't fret. Most service providers have automatic tip calculators right on their credit card and debit machines al-

Here's a tip:

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

lowing you to select the appropriate per cent.

Tipping appropriately can actually save you money in the long run as service providers might extend preferential pricing, they may call you to tell you about sales or discounts and could even provide services 'on the house' from time-to-time.

Not tipping anything in order to save money, especially when you've received good service, isn't frugal; it's cheap and inconsiderate.

Follow Lesley on Twitter
@LesleyScorgie



Postpartum depression can go on and on

Feeling blue. Many new moms experience depressive symptoms even after the initial 12 weeks postpartum

CELIA MILNE
For Metro

You've had a baby. Everyone is excited — except you.

Your home is full of colourful flowers and gifts, but all you feel is blue. What's wrong?

That's a glimpse into postpartum depression, which is a common and potentially serious illness.

A new Canadian study has found it often hangs on tenaciously for many months.

"Postpartum depression occurs in many mothers

from various backgrounds, and effective treatment is available to help," says Dr. Cindy-Lee Dennis (PhD) from the department of psychiatry at Women's College Research Institute in Toronto.

Previous studies have found that about 20 per cent of new moms suffer from depression in the weeks after their babies are born.

Dennis and colleagues wanted to find out how many women continued to suffer from depression after their babies were three months old. They tracked 6,421 new moms and found eight per cent had depressive symptoms after the initial 12 weeks postpartum.

"It does not spontaneously resolve on its own for many new mothers and treatment is necessary," Dennis tells Metro. Most at

risk were women who were vulnerable in some way — with low household income, a previous history of depression, a lack of postpartum support, stressful life events, family violence, or poor health.

The creators of the study are urging health-care professionals to continue screening women for postpartum depression for longer periods after babies are born.

This way, women will have access to the help they need. Screening could be done during pediatric visits, for instance.

Canadian study

The study was published recently in the Canadian Journal of Psychiatry.



Postpartum depression does not spontaneously resolve on its own for many new mothers, Dr. Dennis tells Metro. ISTOCK IMAGES



ISTOCKPHOTO/THINKSTOCK

MIDTERM MADNESS

THE BEST APPROACH IS TO STUDY FREQUENTLY

When studying for midterms, one of the biggest (and most common) mistakes students make is that they cram right before the test.

"The brain just doesn't take in all that ... information at once," says Julie Lockhart, a writing and learning strategist with Mount Royal University in Calgary. "Our brain likes us to break things up into smaller pieces and go over it more than once."

For this reason, students should begin their midterm preparations as soon as classes begin and study the material on a regular basis.

Students should use the course syllabus as a guideline for what topics they will need to know for the midterm.

Even if students haven't been doing that, they can apply the same learning principle between now and their midterm. If the midterm is in three days and the student has three chapters to cover, they should plan to study one chapter a day.

In preparing for the midterm, students shouldn't just re-read the material. In order

for the brain to truly absorb the information, people need to do something active with the information.

"They need to go through lots of practice questions," says Elizabeth Challis, a study skills facilitator at the University of Winnipeg. She even recommends that students make up questions based on the lectures and course readings.

"If they can't answer some of the questions, that means they don't know the material well enough," says Challis.

When preparing for a midterm, Joanne Mills, the co-ordinator of counselling services at Mount Saint Vincent University in Halifax, recommends studying in chunks of no more than an hour.

"I do feel that our concentration and focus work primarily for 45 to 60 minutes," she says.

Mills recommends taking a quick break if you feel your mind wandering or are having a hard time staying on task.

— Richard Woodbury

THE SUCCESS WAY

SUCCESS COLLEGE BOASTS HIGH GRAD PLACEMENT RATE



SUCCESS COLLEGE PHOTO

For people looking to get a post-secondary education, they want to have assurances that when they finish school, there will be a career waiting for them, especially given the sluggish economy.

"One thing people are talking about quite a bit these days is the high unemployment rate for people from the age of 15 to 24," says Ashton Grewal, the marketing and public relations co-ordinator at Success College.

He says that when students get an education at Success College, there are numerous things in place to help ensure they are ready for a career when they graduate. One of those things is that all programs include a work practicum.

"A lot of students end up getting hired straight from that," says Grewal.

Success College also boasts a high placement rate for graduates, which consistently exceeds 90 per cent.

A further incentive is Success College's tuition pledge, which is a guarantee that if a graduate can't find a job in their area of study, the school will refund their tuition or pay back their student loan.

Other benefits of studying at Success College include a staff person whose focus is to help students with all things related to student loans.

"There are different situations and having someone who knows the ins and outs can be really beneficial," says Grewal.

Success College's latest program offering is its IT specialist diploma, which prepares students for work in network design and administration, troubleshooting and repairing PCs, and systems engineering. The 14-month program includes a two-month work practicum.

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SEE WHAT MBC HAS TO OFFER

SCHOOL IS HOSTING AN OPEN HOUSE ON OCT. 10

For people looking to get a peek at what Maritime Business College (MBC) has to offer, the school will be having an open house on Oct. 10. The open house will run from 6-8 p.m. and people interested in attending do not have to pre-register for the event.

Located at 145 Ochterloney St. in downtown Dartmouth, the school is close to the Dartmouth waterfront, which makes it very accessible by different forms of transit, such as the ferry and the bus.

As a private career college, MBC has grown from its roots.

"We opened in 1899," says Amy Grewal, the school's student services officer.

At that time, MBC offered just one accounting program — the founder was a chartered accountant.

Today, MBC offers six different programs, all of which run for 10 months, although one program (the small business development program) runs for five months.

Grewal says the accounting program helps meet the demand for people who can create and interpret financial data



DIGITAL VISION/THINKSTOCK

needed to make day-to-day decisions. The program prepares its graduates for careers as bookkeepers and accounting and auditing clerks.

The paralegal program prepares its graduates for careers as a paralegal, which may include employment at a law firm, a corporate legal department or with the government.

Maritime Business College's small business development program provides students with the knowledge needed to

start and manage a small business, as well as the essential skills that are needed in today's job market.

For the animal lover, MBC's veterinary assistant program prepares students for the diverse set of responsibilities they will have at a veterinary clinic, which could include helping a veterinarian as they examine and treat animals. Weekly hands-on experience in veterinary clinics helps reinforce the curriculum students learn in the classroom.

MBC's office administration program is designed to provide administrative assistants with the demanding mix of skills needed for the position, such as written and oral communication skills, organizational skills and proficiency with technology.

The final program MBC offers is the medical administration program, which is an offshoot of the office administration program.

— Richard Woodbury

THE MERITS OF MARITIME BUSINESS COLLEGE

Amy Grewal says there are a number of reasons why Maritime Business College (MBC) enjoys such a great reputation, including the school's excellent instructors.

"All of our programs are taught by instructors that have experience in the field, so they have to have at least five years of experience before they teach," says the school's student services officer.

Besides teaching, the instructors can also help students with job searches for their field of study.

Another benefit of the instructors is that they are required to meet specific requirements spelled out by the provincial government's Department of Labour and Advanced Education (LAE). Instructors must also be registered with LAE. As a private career college, MBC falls under the regulation of LAE.

"Every year we renew our registration and at that time we can make any changes we want to the program," says Grewal.

This means MBC is able to modify its curriculum to meet the ever-changing



MARITIME BUSINESS COLLEGE PHOTO

needs of the labour market and business world.

Grewal says another advantage of studying at MBC is its lifetime placement assistance program. This program allows graduates to contact the school for assistance relating to finding a career.

"They can call anytime," says Grewal. "We can go over their resumé, rework it and try to help them find a placement."

MBC's hours of study are another bonus and help students find balance in their lives. Classes run Monday to Friday from 9 a.m. to 2:30 p.m.

"That's great for people with kids and that sort of thing," says Grewal. "They can drop off their kids and pick them up at the end of the day."

For students looking to enter the workforce sooner rather than later, MBC is able to help them do just that, as most programs run for 10 months.

As a private career college, MBC focuses on providing hands-on training that prepares graduates for the real-life demands of their future careers.

MBC is nationally accredited through the National Association of Career Colleges and is a member of the Private Colleges Association of Nova Scotia.

After more than 100 years of operation, MBC is poised to continue its legacy of helping make its students' lives brighter.

PERSONAL TOUCH

Maritime Business College (MBC) prides itself on the personal touch it provides to students. Small class sizes and caring professors are just a few of the ways MBC is able to do this and it is something that resonates with current students and past graduates.

Monique Comeau graduated from MBC in 1981 and credits the school in part for her professional success.

"I found the teachers enthusiastic and encouraging and felt they prepared us well for our careers," she says. "In fact, it was the college that arranged for my initial interview with my current employer, Dalhousie University, where I have been employed since graduation."

For medical administrator Mary Robinson, it was a major deal for her to return to school, having been away from education for 32 years.

"The staff made it so easy," says the 2010 graduate. "They really care about the students and really want them to succeed."

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New Halifax Rainmen head coach Cliff Levingston speaks at the Canada Games Centre on Monday. JEFF HARPER/METRO

New Rainmen coach knows about winning

NBL. Coach brings plenty of championship pedigree and blue-collar approach to city

ANDREW RANKIN
andrew.rankin@metronews.ca

Cliff Levingston was never mistaken for an NBA superstar but he carved out an 11-year career by outworking everyone.

As the Halifax Rainmen's new coach, he plans on instilling that same tenacious work ethic in his players.

On Monday, the NBA champion was unveiled to media at

Quoted

"I plan on approaching this like everything I do: Wholeheartedly and give my all."

New Rainmen head coach Cliff Levingston

the Canada Games Centre with team owner Andre Levingston, who also happens to be his cousin, by his side.

"Obstacles are what makes the character of a person," said the new hire and former teammate of Michael Jordan. "The more obstacles you can get over, the easier it becomes. My whole life has been like that. I've been dealt different obstacles and I have found ways of overcoming them."

Cliff Levingston's NBA career

included stints with four different teams and two championships with the Chicago Bulls in 1991 and 1992. He can also boast a wealth of coaching experience in the American Basketball Association, the Continental Basketball Association and the now-defunct United States Basketball League in 2002, where he picked up coach-of-the-year honours.

With only one returning player from last year's Rainmen lineup, he has plenty of work ahead of him.

But his cousin isn't worried and he's hoping to have him around for the long haul.

"He was the guy who outworked everyone on the court, which is why he's had a great career," said Andre Levingston.

The new bench boss takes a more old-school approach where players will earn their floor time. He'll fashion his team depending on what he has to work with. But defence comes first.

"If I have a slower, non-athletic team, we'll play a lot of picks and screens and we'll use the shot clock to our advantage," said Cliff Levingston. "If I have an athletic team, we'll be up and down the floor and play above the rim."

NBA training camp

Levingston realizes dream of bringing Raptors to Halifax

After four years of hard work, Andre Levingston's dream of luring the Toronto Raptors to Halifax will finally come true on Tuesday.

"We've been working on this for a number of years and we finally got it done," said the Halifax Rainmen owner. "We didn't have the right facility but now we have one of the best facilities in the country."

The Raptors were scheduled to touch down in Halifax on Monday night for a five-day visit, where the Canada Games Centre will play host to seven team practices and which will be capped by a noon intrasquad game at the Metro Centre on Saturday.

All the big names are on board, including Andrea Bargnani, Jose Calderon and DeMar DeRozan.

None of the Raptors practices, which start Tuesday, are open to the public.

Levingston expects about 8,000 fans in attendance at Saturday's game.

In the meantime players will be making public appearances, though the details haven't been ironed out. Some Raptors players and officials are expected to attend Rainmen practices as well.

"It's going to be great for our city," said Levingston. "I'm excited and can't wait to see these guys play as well."

ANDREW RANKIN/METRO

Now's the time for victories: Raptors GM



Raptors centre Jonas Valanciunas poses at the Air Canada Centre in Toronto on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

If last season was about developing, Bryan Colangelo says this season is about winning.

The Toronto Raptors held its annual media day Monday to kick off a training camp in what the team's general manager called a "completely different atmosphere" from last season.

"You go into a season excited about what the prospects are," Colangelo said. "I cannot say that I went into last season excited about what the prospects were."

A young Raptors squad finished 23-43 in the lockout-shortened last season, but expectations weren't nearly

Countdown

Most of the players have been in Toronto working out for a couple of weeks. On Monday, they boarded a flight to Halifax for camp, which culminates Saturday with an open scrimmage.

as high as they are this time around.

Jonas Valanciunas may be the biggest reason for the optimism. The 20-year-old from Lithuania was Toronto's fifth pick in the 2011 draft, but the Raptors left him in Europe for another season to

continue to develop.

"(Last season it was) knowing that Jonas wasn't coming over, knowing that it was going to be a struggle to win games, knowing it was part of the long grind of letting the young players play and learn and develop," Colangelo said.

The GM said this year's roster reminds him of the team he assembled in Toronto in 2006-07. Andrea Bargnani was a rookie on that squad that went on to win the Atlantic Division and play New Jersey in the first round of the playoffs.

"This team seems to have a lot of those characteristics."

THE CANADIAN PRESS

Mobile sports



Qriket

The battle of the sexes has hit the swimming pool. The opening meeting of the World Cup in Dubai on Tuesday will feature 4x50 mixed-gender relays for the first time.

Roster fire power yet to spark Mooseheads on man advantage

QMIHL. Team looks to get its power play on track tonight at 7 p.m. as it hosts the Titan



MATTHEW WUEST
matthew.wuest@metronews.ca

It's never good when a hockey team's penalty kill is outscoring its power play, even if it's just four games into the season. But that's exactly how the statistics read for the Halifax Mooseheads, who have their share of highly skilled offensive players but are just 2-for-21 with the advantage so far this season and are scoreless on 12 consecutive attempts.

Their penalty kill, meanwhile, has scored three times on 19 shorthanded tries.

The Mooseheads, who have a 3-1 record nonetheless, will look to get the power play on the right track when they host the Bathurst Titan on Tuesday at 7 p.m.

"We need better execution, first — we've had a few open nets we didn't bury — but we're becoming impatient," said Mooseheads head coach Dominique Ducharme. "If we don't score on the first or second power play, we make

Injury update

Mooseheads defenceman Steve Gillard practised on Monday and could return to the lineup on Tuesday. The 20-year-old has missed the past two games with a lower-body injury.

bad decisions, we execute badly, we over-think it, and it just snowballs."

Both of the Mooseheads' power-play goals came on the road on opening weekend, meaning they have yet to score a goal at home in front of fans who have been growing restless.

With the Titan coming to town, the Mooseheads could have their hands full at the other end of the rink as well. Bathurst, also 3-1 this season, boasts three of the league's highest-scoring players, with Zach O'Brien, Brandon Hynes and Matthew Bissonnette combining for 128 goals and 270 points last season.

Bissonnette has been out of the lineup recently with an injury.

"We want to take time and space away from them and play them tight," Ducharme said. "That's how we want to play everyone, but especially those guys."



Mooseheads winger Stefan Fournier tries to put the puck past Gatineau Olympiques goaltender Michael Nishi on Friday night. Fournier mans the team's No. 1 power-play unit. JEFF HARPER/METRO

Season proving to be 'difficult' for Ticat Dave Stala



Former Saint Mary's Huskie Dave Stala, right, is tackled by Montreal's Seth Williams during a CFL game in Hamilton July 21. J.P. MOCZULSKI/THE CANADIAN PRESS

He has been a finalist for the CFL's top Canadian award and twice a 1,000-yard receiver but for much of this season, Dave Stala has been a forgotten man in the Hamilton Tiger-Cats offence.

The veteran slotback has just 28 catches for 455 yards and four touchdowns. He's on pace to finish with 39 catches for 630 yards, which would be his lowest production since arriving in Hamilton in 2009 after spending his first six CFL seasons with Montreal.

"It has been difficult for

me," said the former Saint Mary's Huskies standout. "I've been the guy here the last few years catching anywhere from 60 to 80 balls but we've had some great guys come in and the ball has to be spread around."

"As a receiver you're never satisfied to just be out there, you always want to be making plays and scoring touchdowns. If you're a receiver in this league and you don't want the ball, you shouldn't be playing."

The six-foot-two,

198-pound Stala played a big offensive role his first three years in Steeltown, registering 211 catches for 2,537 yards and 16 touchdowns. In 2010, he had a career-high 85 receptions for 1,015 yards and six TDs and was the East Division nominee for the CFL's top Canadian award.

That season, he also unveiled a creatively unique hacky-sack touchdown dance that was featured prominently by Canadian and U.S. television networks.

THE CANADIAN PRESS

Abundant talent

This season Stala finds himself surrounded by quality receivers with the off-season addition of free-agent slotback Andy Fantuz, signing of 2008 first-round pick Sam Giguere and quick development of sophomores Bakari Grant and Chris Williams — the CFL's top rookie last season — and first-year player Onrea Jones.

Football

Bears win 34-18 over Cowboys

Lance Briggs and Charles Tillman returned interceptions for TDs and the Chicago Bears beat the Dallas Cowboys 34-18 on Monday night. Tony Romo threw five picks, matching the most in his career. THE ASSOCIATED PRESS



Quarterback Tony Romo kneels after throwing one of his five interceptions on Monday night. GETTY IMAGES

MLB

Jays over Twins in 10

Yan Gomes tied the game with a two-out homer in the ninth inning and Anthony Gose won it with a two-out single in the 10th as the Toronto Blue Jays defeated the Minnesota Twins 6-5.

Adeiny Hechavarria singled with one out in the 10th against left-hander

Brian Duensing (4-12) on Monday. Hechavarria took second on a wild pitch with pinch-hitter J.P. Arencibia at the plate. Arencibia struck out on a ball that got away from catcher Drew Butera.

The catcher's throw hit Arencibia, who was running to first, but it was ruled that he was not running in the proper lane and Arencibia was called out for interference. That prompted an



The Jays celebrate Monday. GETTY

argument by manager John Farrell and his ejection. But Gose came through with the winning single in the next at-bat while Adam Lind had four hits and two runs for the Jays.

THE CANADIAN PRESS

NHL



"Now it's a question of working out the number that both sides think is fair."

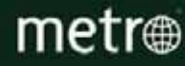
Wayne Gretzky, who said Monday he believes the NHL lockout will end before the Winter Classic on Jan. 1.

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Miscellaneous

Miscellaneous

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Horoscopes

Aries

March 21 - April 20

There is no point being obsessed by perfection because you will never reach it, nor is it actually desirable to do so. You are a human being and that means you will always make mistakes. Find ways to enjoy them.

Taurus

April 21 - May 21

Don't tie yourself down today. Make sure you are free to come and go as you please. Independence is precious, and if you give other people the power to meddle in your affairs, they will certainly misuse it.

Gemini

May 22 - June 21

You must stick to the facts today. If you stray even a little bit from what you know to be true, it will give your rivals the opening they have been waiting for. Facts are sacred — opinions are two-a-penny.

Cancer

June 22 - July 23

Start putting together a wish list because what happens towards the end of the week will make you realize that all things are possible. This is no time for doubts. Go for everything you can get.

Leo

July 24 - Aug. 23

No matter what a friend or colleague tells you today and no matter how passionate they appear to be, you can bet that they have got it completely wrong. If you play their game it will cost you.

Virgo

Aug. 24 - Sept. 23

The planets indicate that if you make an extra special effort over the next few days, you will enjoy success beyond your wildest dreams — and some of your dreams ARE pretty wild! Believe in yourself and be patient.

Libra

Sept. 24 - Oct. 23

No goal is beyond you. You need to start really believing that because until you do, you will continue to fall short of your dreams. Think not just big but huge today.

Scorpio

Oct. 24 - Nov. 22

Cosmic activity in and around the most sensitive area of your chart urges you to consider alternative explanations to everyday events. Could there be some kind of conspiracy going on? Make it your business to find out.

Sagittarius

Nov. 23 - Dec. 21

Don't let well-meaning friends and relatives talk you out of doing what you know has got to be done. Make whatever sacrifices are necessary and keep in mind that the efforts you make are an investment, not an expense.

Capricorn

Dec. 22 - Jan. 20

Do you have the common sense to identify what your current problem is? Yes you do. Do you have the courage to put it right? That remains to be seen. You're halfway there. All you have to do is keep going.

Aquarius

Jan. 21 - Feb. 19

Focus on what is important and ignore everything else. If you allow your mind to wander today, it may be a long time before you can get it back on track. You know what the main issue is, so stick with it.

Pisces

Feb. 20 - March 20

You are on the cusp of a heart-warming phase but there is something you still need to do before you can "let yourself go". You need to resolve a conflict of some kind. Be the one who makes the peace.

SALLY BROMPTON

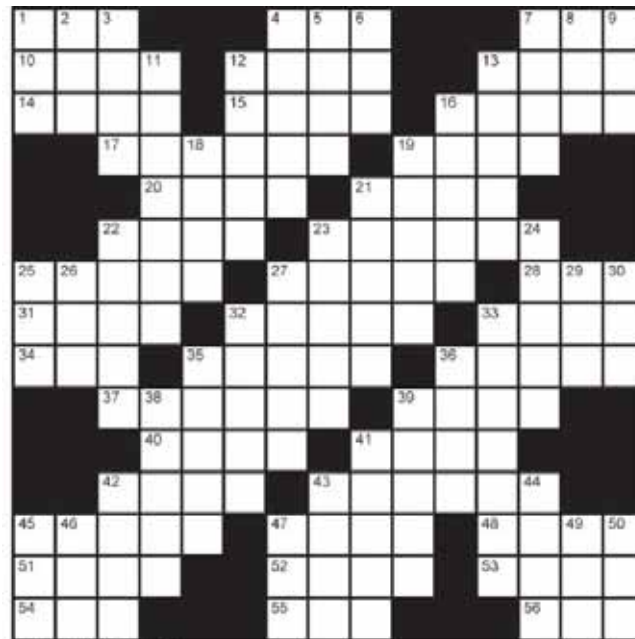
Three PMs

Across

1. Request
4. Dampen
7. Taxi
10. William Lyon Mackenzie ____: 10th Prime Minister
12. "____ be of service?" (2 wds.)
13. For ____ sign
14. Additive to shampoo and shaving cream
15. Corrida cries
16. ____ Leaf
17. Cakes often made with ground nuts
19. Bathroom flooring material
20. Stadium shouts
21. Pop
22. Henhouse yield
23. World's second largest country
25. BMW subcompact models that once had the Cooper name
27. Birds of peace
28. Sesame Street viewer, typically
31. Opera set on the Nile
32. Capricious escapade
33. Sky color
34. ____ de Janeiro
35. Peeled
36. Come to understand
37. Calgary NHL team
39. Pots and ____
40. Angered
41. "Frankly, my dear, I don't give a ____"
42. Highway or bridge fee
43. Leader of 23-Across
45. Saltwater
47. Need

Down

1. Alias
2. ____ vous plait
3. Slip, top, or granny
4. Land on the Irish Sea
5. Potato buds
6. "____ the season to be jolly"
7. Nova Scotia's ____ Breton Island
8. Everything
9. Spelling competition
11. The Gulf Islands are in BC's Strait of ____
12. Butterfly relatives
13. Caesar or Waldorf
16. Gold-loving king
18. From ____ to riches
19. Laser printer need
21. "____ by the bell!"
22. At the ____ one's rope: desperate (2 wds.)
23. Deals (with), as a problem
24. Map book
25. Cause surface damage to
26. 3 on a sundial
27. Had the courage to try
29. Beginning of the Lord's Prayer
30. Start of a countdown
32. Animal with a hump
33. R.B. ____: 11th Prime



Minister (1930-35)
35. "Ici on ____ français"
36. Bedside light
38. BC CFL Team
39. Liberal or Conservative ____
41. *Inferno* author
42. Canada's quintessential coffee and donut place, familiarly
43. Loathe
44. Apartment division

45. Sheep cry
46. Cut of meat that's often barbecued
47. One skilled at repartee
49. Credibility ____; knowledge disconnect
50. Personals

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Today

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Variable

Wednesday

17°/9°
Sunny

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